



ABP Humber Coastal half/5k
Sunday 15th September 2019
Entry on the day
RNLI building
Cleethorpes Promenade
From 8am until 930 at latest
CASH ONLY...Bring exact money.

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ENTRY FORM (PLEASE COMPLETE IN BLOCK CAPITALS)

5k Affiliated £16; unaffiliated £18
 Half Marathon Affiliated £30; unaffiliated £32

CHOOSE DISTANCE AND CIRCLE 5K HALF MARATHON

Name.....

D.O.B.....**Age on race day**..... **Gender (Circle) M /F**.....

Tel Number:

E mail.....

Address.....

.....**Postcode**.....

Club.....

DECLARATION

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event

Signature/PARENT GUARDIAN.....

Date.....